



Health Matters

by

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When we experience a stressful situation, our bodies respond by releasing a hormone called cortisol. Many of us are in a state of chronic cortisol overload due to the stress of everyday life events. An excess of cortisol hinders our normal coping skills and can lead to high blood pressure, insomnia, depression and diabetes. Cortisol also increases the release of glucose, causing us to gain excess weight in the abdomen, which has been shown to raise our risk of heart disease and diabetes. High glucose levels create another core health problem called inflammation, which plays a key role in the development of cancer and heart disease. An herb used for thousands of years in Ayurvedic medicine in India, called **Holy Basil**, can help to control the amount of cortisol released during a stress response, which counteracts the many detrimental effects it can have on our bodies. As always, we guarantee your satisfaction.

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